

## Domestic Assistants - To be or not to be!

That is the vexatious issue that everyone wants to know the answer to. Now that lockdown is easing gradually, there is a greater chance of coronavirus transmission occurring, especially in asymptomatic cases.

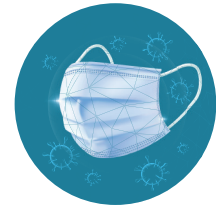
Keep in mind that, while the Govt. may give 'relaxation,' the Coronavirus will definitely not!

We all are aware that **everyone** is at risk, irrespective of the Pincode of your address. However, our domestic assistants are more at risk because of the conditions that they reside in.

We cannot even rely on people becoming immune after asymptomatic infections, as apparently, re-infections are occurring. If you have no option but to let your domestic assistants assist you, then please remember that your health is in **their hands**.



## Recommended Actions by Householders



Please provide your Domestic Assistant with three cloth masks

(preferably with a discreet, unique identifying mark) (Wear x 01 - Wash / Dry x 01 - Spare x 01).

1. Insist on them wearing a mask at all times when they are within your home.
2. At the entry to your home, request them to:
  - Take off their footwear outside
  - Take off their mask, place in a mug of soap water
  - Sanitize their hands with sanitizer
  - Wear a fresh mask and then proceed indoors
  - Wash hands with soap and water before commencing
3. You can consider providing them with a cotton overcoat (as worn by women motorists) at the doorstep (especially if you have vulnerable people at home). This should be removed at the exit and washed separately daily.
4. Everyone in the house must wear a cloth mask when the Domestic Assistant is around. No mask should be re-used the next day without washing.
5. Please maintain adequate physical distance when your Domestic Assistant is working around your house.
6. Don't keep any air conditioners on while chores are being done, and prefer to keep the windows open for ventilation.
7. Vulnerable category of people should not be in the same room while the Domestic Assistant is in a particular room, unless unavoidable.
8. Your Domestic Assistant should wash hands with soap and water before working in the kitchen.
9. All kitchen surfaces must be cleaned with kitchen-compatible surface disinfectants before and after usage, by the Domestic Assistant herself/himself.
10. Washed dishes should be allowed to drip dry and not dried with a cloth. It is preferable for you to keep the dishes away without the help of your assistant, to minimise the contact.
11. Don't forget to get the Domestic Assistant's mask washed thoroughly and dried before leaving your home.
12. Wipe down your door handles after the Domestic Assistant has left home and then wash your hands with soap and water.

Breathe easy



Another day has passed you by!

#OneAgainstCovid